

RADIOGRAPHIC ATLAS OF SKELETAL DEVELOPMENT OF THE HAND AND WRIST. Based on the Brush Foundation Study of Human Growth and Development initiated by T. Wingate Todd, M.B., Ch.B., F.R.C.S. By William Walter Greulich, M.A., Ph.D., Professor of Anatomy, Stanford University School of Medicine; S. Idell Pyle, M.S., Research Associate Brush Foundation and Department of Anatomy, Western Reserve University School of Medicine, Stanford University Press, Stanford, California, 1950. \$10.00.

The publication of this atlas marks an important step toward integrating concepts of growth and development into the practice of clinical medicine. From the work of child development centers throughout the country, it has become established that the process of skeletal development is the most significant available measure of physical maturation. It is closely related to reproductive and total somatic growth and is of great clinical value, especially when considered in relation to chronological age.

With the publication by T. Wingate Todd, in 1937, of his "Atlas of Skeletal Development," clinically useful assessments of skeletal age became feasible on the basis of one standardized radiograph of the hand and wrist. Refinements of Todd's method, embodied in the present Greulich and Pyle atlas, improve the reliability of such assessments and make it possible to evaluate not only the level of development but also its uniformity. Trained observation also allows deductions about the adequacy of mineralization and about scars of interrupted growth suggesting past illness. If hand films are repeated after a suitable interval, they provide a means of determining the rate as well as the level of maturation.

The excellence of the volume lies in the clarity of its directions and in the choice of standards, many of which are taken from a successive series on the same children. There is thus very little difficulty in matching an unknown x-ray to its correct age peer.

Although the assignment of correct skeletal age to a given film requires practice and patience, still it is a method which is well within the capacity of any x-ray specialist or endocrinologist. It is to be hoped that the practice of making an accurate reading of a single hand film on the basis of these precise standards for boys and girls will replace the older, more expensive and less rewarding method of assigning skeletal age by comparing films of a large number of joints to sets of standards which are only approximate. Since the value of such readings has already become established in the study of childhood endocrine and growth problems, it is probable that the method will come into general practical use.

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PROGRESS IN CLINICAL ENDOCRINOLOGY. Edited by Samuel Soskin, M.D., Director, Medical Research Institute, Michael Reese Hospital, Chicago, Illinois; Dean, Michael Reese Hospital Post-Graduate School; Professorial Lecturer in Physiology, University of Chicago. Grune and Stratton, New York, 1950. \$10.00.

The 79 papers included in this volume represent an attempt to present the subject concisely. The editor makes no claim that the work represents a complete review or textbook; some of the writings deal broadly with the subject matter, while others cover only very limited aspects. The book is written primarily for the clinician, but historical and physiological material necessary for adequate understanding is not slighted. The list of contributors is impressive; most of them are well-known authorities in their field.

In most cases, controversial matters are clearly indicated, although from the text one might assume that the evidence in favor of the "free diet" in adult diabetics is incontrovertible. Pure speculation (e.g., the possible insect

transmission of endemic goiter) is, fortunately, held to a minimum.

The several papers dealing with the treatment of hyperthyroidism, utilizing antithyroid drugs, radioactive iodine, and surgery; and those concerning the diagnosis and treatment of adrenal diseases, in themselves makes the volume valuable.

The techniques and interpretation of steroid hormone assays, tools which are becoming increasingly available to the clinician, are discussed in a general manner.

The beneficial effects of testosterone in situations where protein anabolism is desired, the use of ACTH and cortisone in arthritis, and the role of hormones in the treatment of other "non-endocrine" diseases are handled adequately. Transuterine and transabdominal pneumoperitoneum in the diagnosis of pelvic disease will be of interest to the gynecologist. Gynecomastia, anorexia nervosa, cryptorchidism, infertility and antihormones are among the subjects discussed in the light of recent discovery.

In general the papers are well written. Prolixity and duplication are minimal. The book is recommended for the clinician who is not intimately acquainted with the recent literature and yet has more than a superficial interest in endocrine problems.

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YOU AND YOUR HEART—A Clinic for Laymen on the Heart and Circulation. By H. M. Marvin, M.D., T. Duckett Jones, M.D., Irvine H. Page, M.D., Irving S. Wright, M.D., and David S. Rutstein, M.D. Random House, New York, 1950. \$3.00.

"You and Your Heart" is an authoritative, factual, and fascinating account of the workings and misworkings of the heart and circulatory system. It is a book designed for the layman—for anyone curious about the mechanisms of that "toughest" of all muscles, the heart, for anyone suffering from heart disease or with a family history of heart "trouble," for anyone who fears the possibility of "a stroke," "heart failure," "high blood pressure," or "hardening of the arteries"; in short, for anyone with a heart.

"You and Your Heart" was written by five of the leading experts in the cardiovascular field who collaborated to answer the questions of the average person about the heart, to explain the reasons for the prescriptions and proscriptions of the doctor, to explode some of the misconceptions about heart disease held by even the most intelligent of laymen, and to remove needless fear. A professional non-medical writer "translated" the information into simple, vivid language that is easily understood.

This book covers a wide field. It describes the functioning of the normal heart and circulation from birth through life. It explains the most important of the diseases of the heart and blood vessels, tells how they develop and what can be done about them. It is not a book on self-treatment, but instead gives information, as Dr. Irving S. Wright puts it, "to supplement the physician's advice and, where needed, to strengthen his hand." In its factual, unexcited way, it helps to remove anxiety about heart diseases, to reassure the fearful patient and his family, and to show the person with a heart disease how he may continue to lead a productive life.

In addition—and this will be of interest to physicians as well as to the general public—"You and Your Heart" stresses the need for intelligent use, by the profession and patient alike, of the public health services, for a partnership between the physician and layman in the campaign against diseases of the heart and circulation, and, above all, for more work and more research on the cardiovascular diseases.

The book can be highly recommended.